

ABSTRACT OF THE DISCLOSURE

A spinal fixation system comprising at least two bone anchors, a rod connecting the bone anchors and a connecting plate extending from a proximal surface of at least one of the bone anchors. A method of fixing vertebrae relative to each other comprising

5 the steps of: implanting bone anchors in two adjacent vertebrae, each bone anchor having a rod receiving portion; placing a rod in the rod receiving portions, thereby connecting the bone anchors; threadably engaging set screws in the rod receiving portions of at least a portion of the bone anchors, thereby fixing the rod to the bone anchors; mating one end of a connecting plate to a proximal bearing surface of at least a

10 portion of the bone anchors; and engaging a cap with at least a portion of the set screws, thereby fixing the connecting plate to the bone anchors.